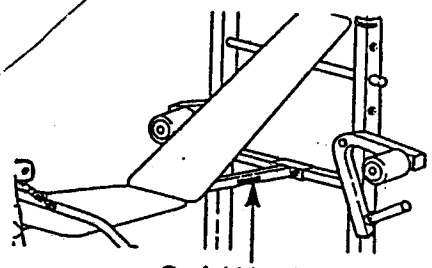
ULTRAMAX

multi-function 14-in-1 bench

1033

weider®

Model No. WB10330
Serial No. _____



Serial Number Decal

QUESTIONS?

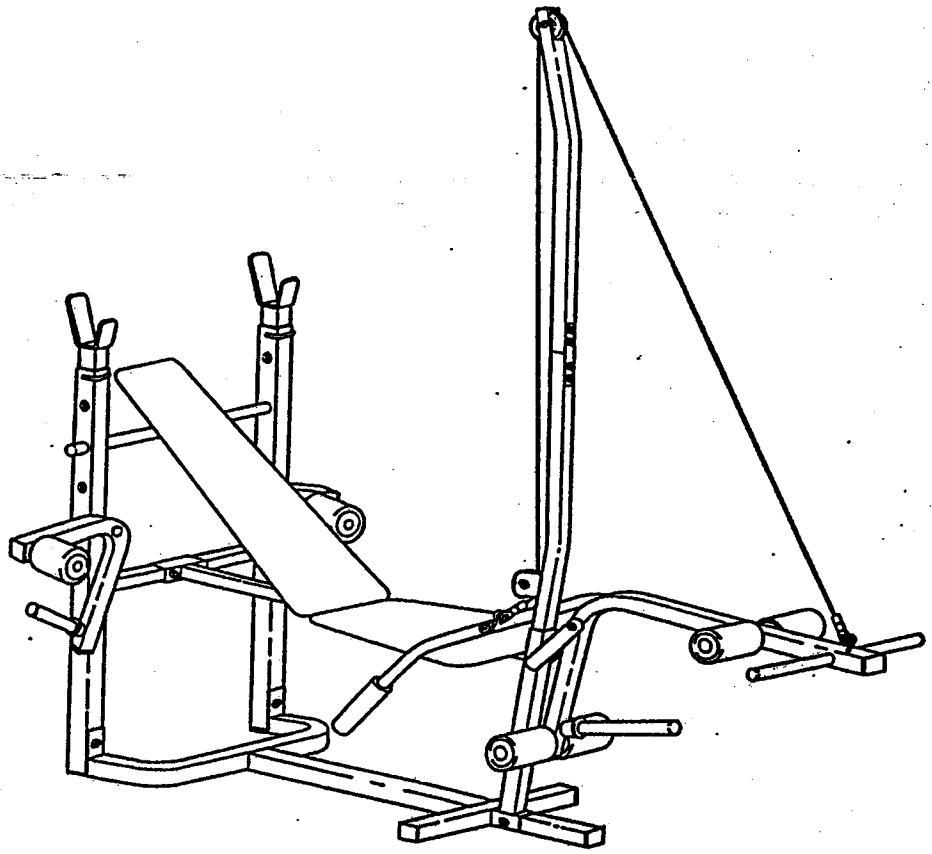
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. Our trained technicians will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-800-225-0653
Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION!

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual for future reference.



OWNER'S MANUAL

172077

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Note: A PART IDENTIFICATION CHART is attached in the center of this manual.

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the weight bench.

1. **Read all instructions in this manual and in the accompanying literature before using the weight bench.**
2. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
3. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
4. **Keep small children away from the weight bench at all times.**
5. **Always wear athletic shoes for foot protection when exercising.**
6. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
7. **When the leg lever is used, a barbell with the same amount of weight should be placed on the weight rests to balance the bench.**
8. **The weight bench is designed to be used by only one person at a time.**
9. **Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.**
10. **Keep hands and feet away from moving parts.**
11. **Remove the mast when performing any exercise that does not use the mast.**
12. **Remove the lat bar when performing any exercise that does not use the lat bar.**
13. **Do not place more than 365 pounds on the weight rests; do not place more than 125 pounds on the leg lever; do not place more than 50 pounds on the butterfly arms.**
14. **Never add extra weight to the leg lever by placing additional weight on the curl tube.**

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

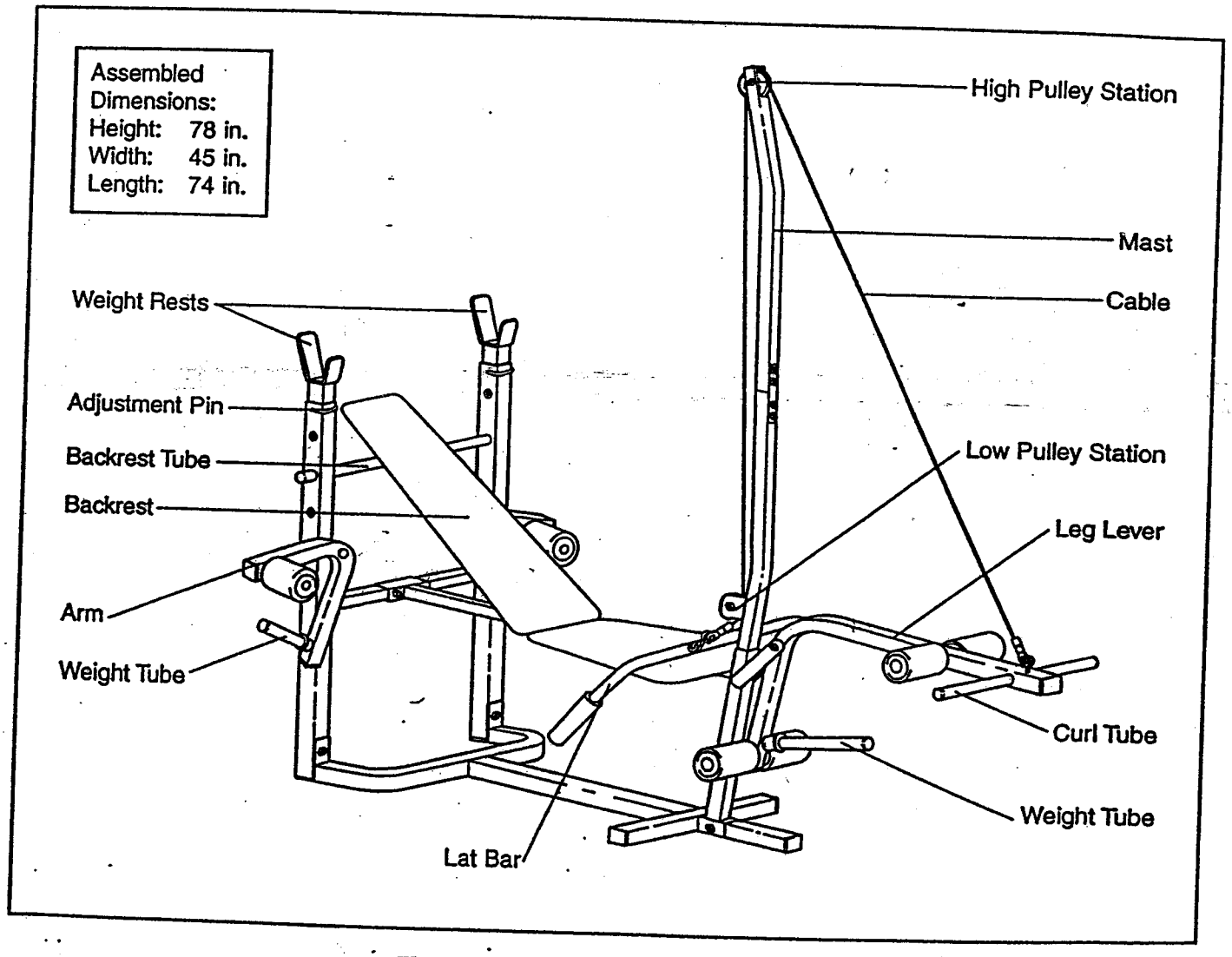
WEIDE 1033

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® ULTRAMAX 1033 Weight Bench. The ULTRAMAX 1033 is designed to be used with your own weight set to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the ULTRAMAX 1033 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER® ULTRAMAX 1033 Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WB10330. The serial number can be found on a decal attached to the ULTRAMAX 1033 (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Place all parts of the weight bench in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step and look at each drawing carefully before you begin. As you assemble the weight bench, make sure that all parts are oriented exactly as shown in the drawings. Tighten all parts as you attach them, unless instructed to do otherwise.

IMPORTANT: For help identifying the small parts used in assembly, remove the PART IDENTIFICATION CHART from the center of this manual.

The following tools (not included) are required for assembly: Two adjustable wrenches and a standard screwdriver. Lubricant, such as grease or petroleum jelly, and soapy water are also needed.

1. Before you begin, carefully read the instructions at the top of this page and remove the PART IDENTIFICATION CHART from the center of this manual.

   Press two 2" Square Caps (55) into the lower end of the "H"-Frame (1).

   Press three 1 1/2" Square Caps (53) into the Base (2).

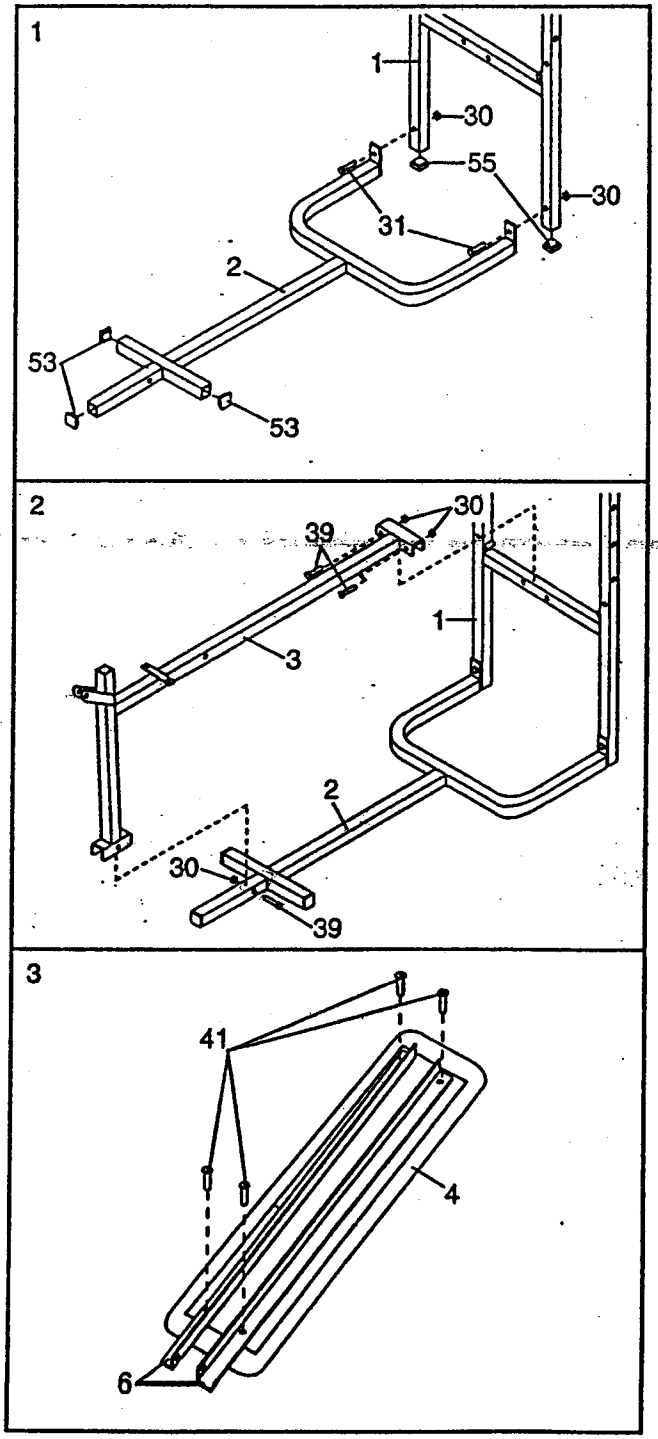
   Attach the "H"-Frame (1) to the Base (2) with the two 8mm x 60mm Bolts (31) and two 8mm Locknuts (30). **Do not tighten the Locknuts yet.**

2. Attach the Main Frame (3) to the "H"-Frame (1) with two 8mm x 55mm Bolts (39) and two 8mm Locknuts (30). **Do not tighten the Locknuts yet.**

   Attach the Main Frame (3) to the Base (2) with an 8mm x 55mm Bolt (39) and an 8mm Locknut (30).

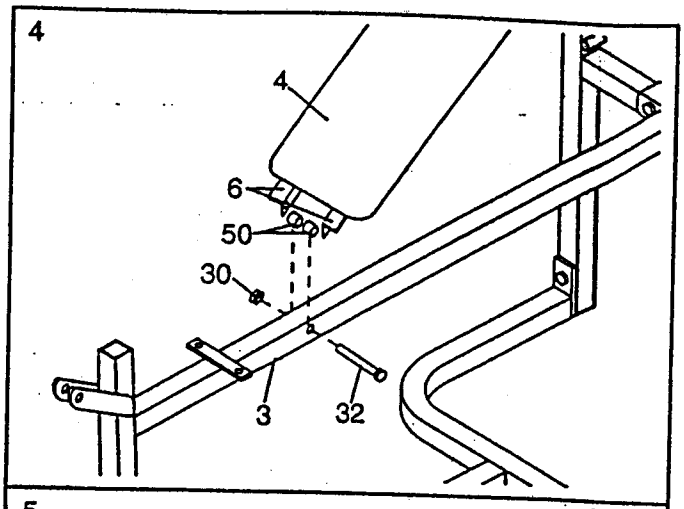
   Tighten all 8mm Locknuts (30) used in steps 1 and 2.

3. Attach the Backrest Brackets (6) to the Backrest (4) with four 6mm x 20mm Screws (41). **Be sure that the Backrest Brackets are oriented as shown. Do not tighten the Screws yet.**

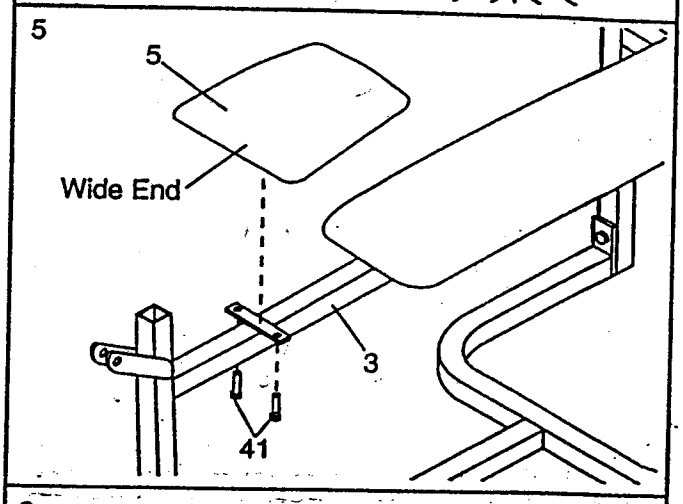


4. Attach the Backrest (4) to the Main Frame (3) with the 8mm x 80mm Bolt (32), the two 7/16" x 3/8" Metal Spacers (50), and an 8mm Locknut (30). **Do not overtighten the Locknut. The Backrest must pivot freely.**

   Tighten the four 6mm x 20mm Screws (41) used in step 3.



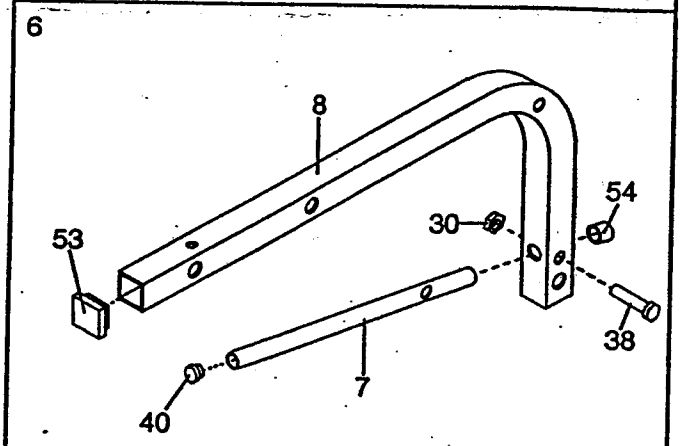
5. Attach the Seat (5) to the bracket on the Main Frame (3) with two 6mm x 20mm Screws (41). Be sure that the Seat is turned as shown.



6. Press a 1 1/2" Square Cap (53) into the indicated end of the Leg Lever (8).

   Insert the 13 3/4" Weight Tube (7) through the lower hole in the Leg Lever (8). Attach the Weight Tube with the 8mm x 45mm Bolt (38) and an 8mm Locknut (30).

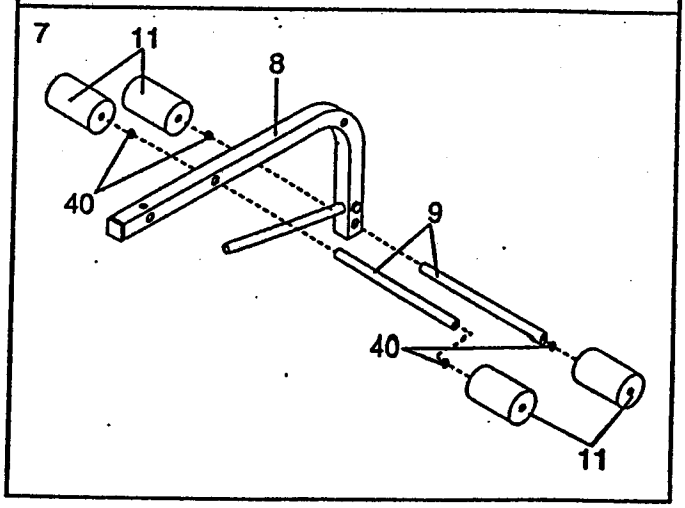
   Press the 1" Angled Cap (54) onto the indicated end of the 13 3/4" Weight Tube (7). Press a 1" Round Cap (40) into the other end of the Weight Tube.



7. Press 1" Round Caps (40) into the ends of both 13 1/2" Pad Tubes (9).

   Insert the 13 1/2" Pad Tubes (9) through the indicated holes in the Leg Lever (8).

   Slide Foam Pads (11) onto the ends of both 13 1/2" Pad Tubes (9).



Curl Tube (10).

Insert the Curl Tube (10) through the indicated hole in the Leg Lever (8). Secure the Curl Tube with the 8mm Eye Bolt (34), the 8mm Nut (56) and an 8mm Locknut (30).

Apply lubricant to the 10mm x 55mm Bolt (46). Attach the Leg Lever (8) to the Main Frame (3) with the Bolt and a 10mm Locknut (45). **Do not overtighten the Locknut. The Leg Lever must pivot freely.**

9. Insert one of the Weight Rests (24) into the "H"-Frame (1). Raise the Weight Rest to the desired height, and align one of the four small holes in the Weight Rest with the small hole in the "H"-Frame. Insert a Locking Pin (52) through the "H"-Frame and the Weight Rest. Rotate the Locking Pin to the locked position, with the Locking Pin clipped to the "H"-Frame.

   Attach the other Weight Rest (24) in the same manner.

10. Press a 1 1/2" Square Cap (53) into the indicated end of the Right Arm (20).

    Insert a 9" Pad Tube (22) into the indicated hole in the Right Arm (20). Attach the Pad Tube with an 8mm x 45mm Screw (42) and an 8mm Locknut (30).

    Press a 1" Round Cap (40) into the end of the 9" Pad Tube (22). Slide a Foam Pad (11) onto the Pad Tube.

    Assemble the Left Arm (21) (not shown) in the same manner.

11. Insert a 10 1/2" Weight Tube (23) into the indicated hole in the Right Arm (20). Attach the Weight Tube with an 8mm x 125mm Bolt (37), a 3" Plastic Spacer (43), and an 8mm Locknut (30) as shown. Make sure that the Plastic Spacer is on the same side of the Right Arm as the axle.

    Press a 1" Round Cap (40) into the end of the 10 1/2" Weight Tube (23). Slide a Weight Stop (29) onto the Weight Tube.

    Assemble the Left Arm (21) (not shown) in the same manner.

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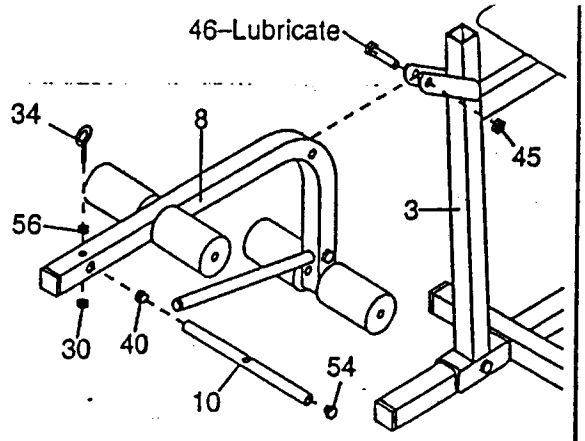

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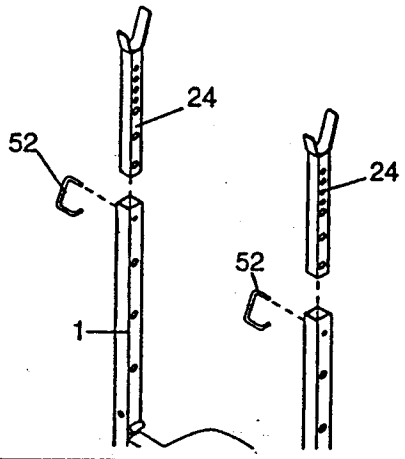

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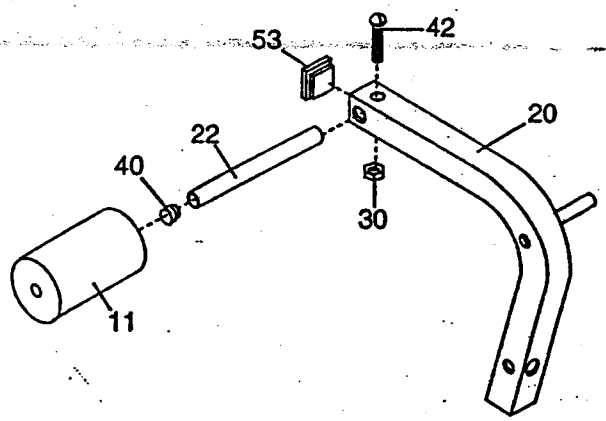

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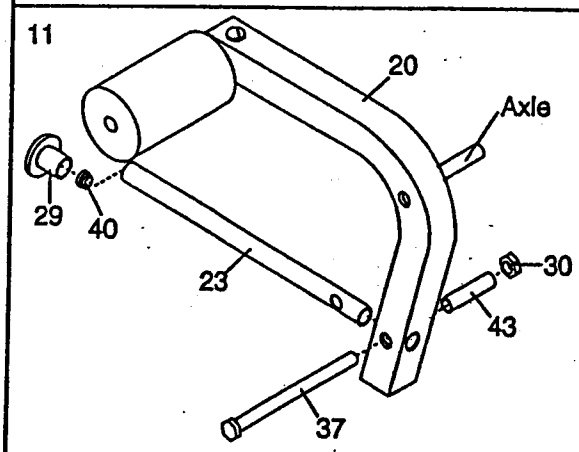


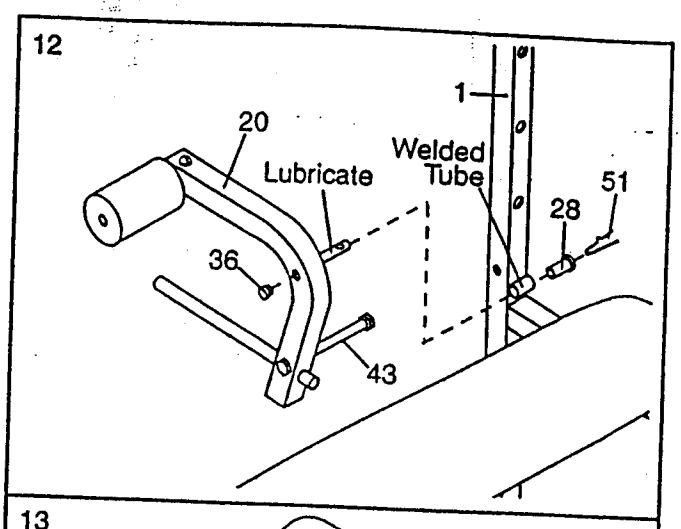
12. Insert a Plastic Sleeve (28) into the indicated welded tube on the "H"-Frame (1).

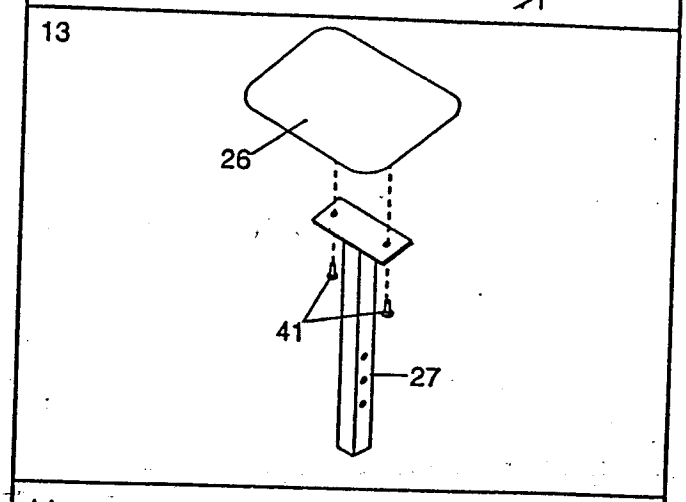
    Apply lubricant to the axle on the Right Arm (20). Insert the axle into the Plastic Sleeve (28). Make sure that the Plastic Spacer (43) is resting against the outer side of the H-Frame (1). Secure the Right Arm by inserting a Spring Clip (51) into the end of the axle until it locks.

    Press a 7/8" Round Cap (36) into the indicated hole in the Right Arm (20).

    Attach the Left Arm (21) (not shown) in the same manner.

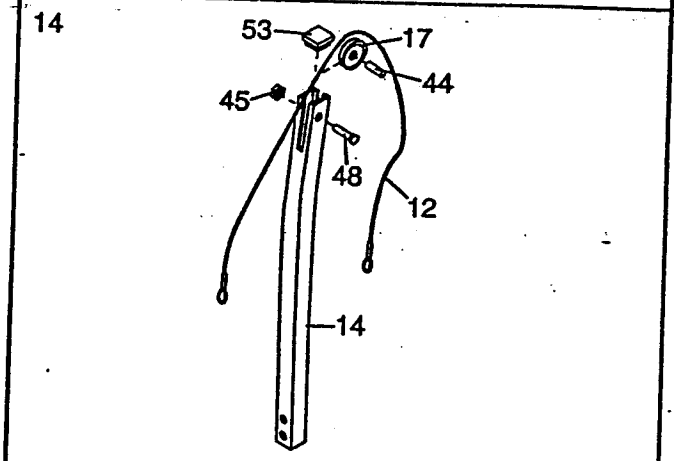
13. Attach the Curl Pad (26) to the Curl Upright (27) with two 6mm x 20mm Screws (41).





14. Insert the 1/2" x 1 3/8" Metal Spacer (44) into a Pulley (17). Attach the Pulley to the Upper Mast (14) with the 10mm x 45mm Bolt (48) and a 10mm Locknut (45).

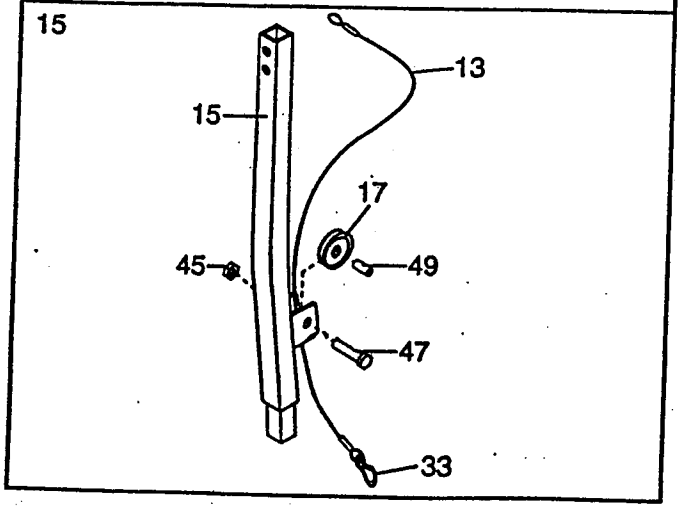
    Lay the Long Cable (12) in the groove in the Pulley (17). Press a 1 1/2" Square Cap (53) into the Upper Mast (14). **Make sure that the Pulley and Cable can move freely.**



15. Hold the Short Cable (13) in the bracket on the Lower Mast (15).

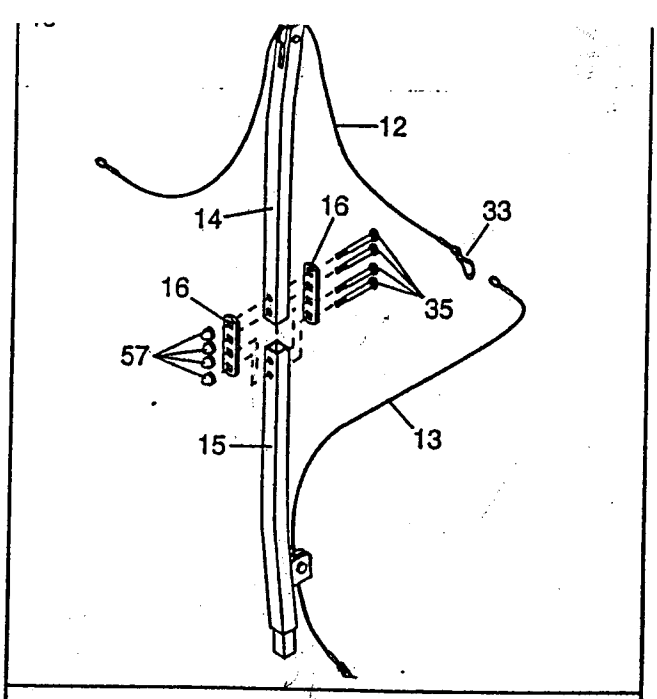
    Insert the 1/2" x 3/4" Metal Spacer (49) into a Pulley (17). Attach the Pulley to the bracket on the Lower Mast (15) with the 10mm x 35mm Bolt (47) and a 10mm Locknut (45). **Make sure that the Pulley and Cable can move freely.**

    Insert a Cable Clip (33) into the lower end of the Short Cable (13).

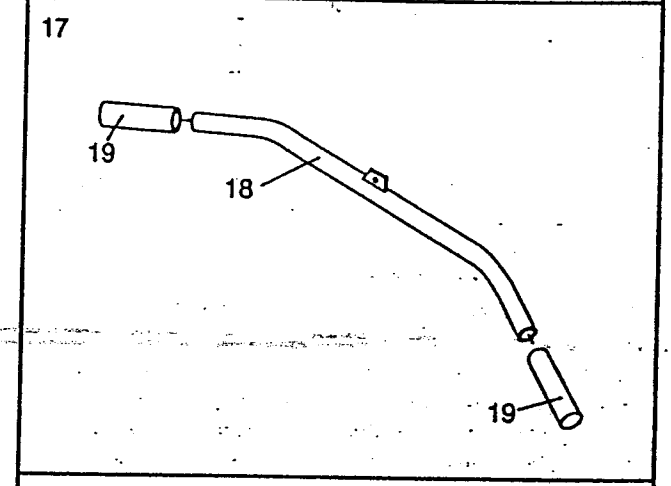


the two Mast Plates (16), the four 8mm x 50mm Carriage Bolts (35), and the four 8mm Acorn Nuts (57).

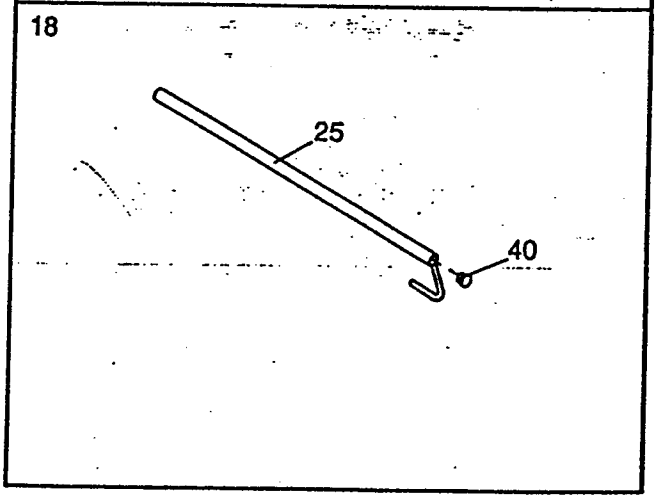
Connect the Long Cable (12) to the Short Cable (13) with a Cable Clip (33).



17. Wet both ends of the Lat Bar (18) with soapy water. Slide the Hand Grips (19) onto the Lat Bar.



18. Press a 1" Round Cap (40) into the end of the Backrest Tube (25).



Make sure that all parts are properly tightened. See ADJUSTING THE WEIGHT BENCH on pages 9 and 10 to see how the different parts of the weight bench can be used.

ADJUSTING THE WEIGHT BENCH

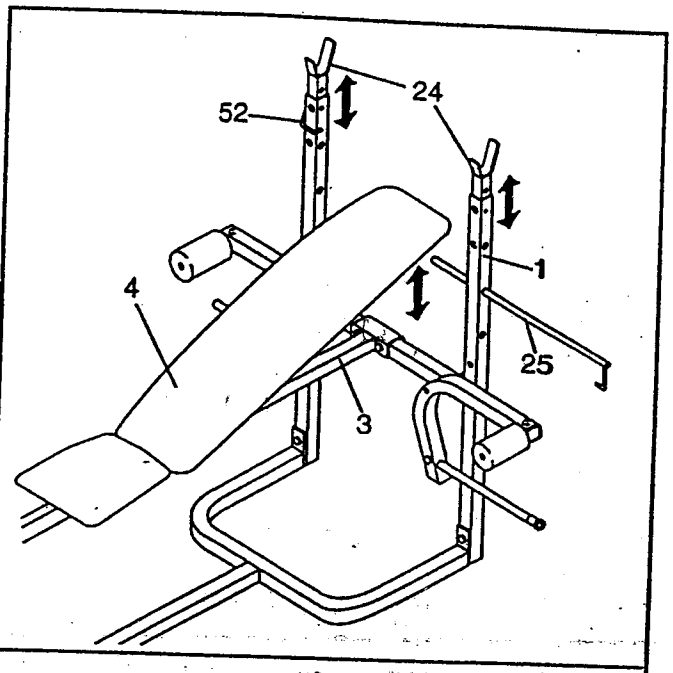
The instructions below describe how the weight bench can be adjusted. Refer to USING THE WEIGHT BENCH on page 11 for information about exercises that can be performed with the weight bench.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

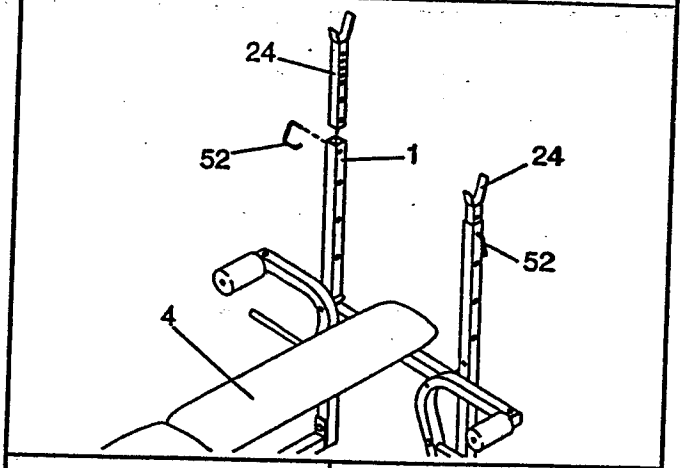
To use the Backrest (4) in a level position, remove the Backrest Tube (25). Lay the Backrest on the Main Frame (3). Use the Locking Pins (52) to adjust the height of the Weight Rests (24) (see ADJUSTING THE WEIGHT RESTS below.)

To use the Backrest (4) in an inclined position, first remove the Locking Pins (52). Raise the Backrest, and insert the Backrest Tube (25) through one of the three sets of large holes in the "H"-Frame (1). As you insert the Backrest Tube, adjust the height of the Weight Rests (24) and insert the Backrest Tube through the Weight Rests. Rotate the Backrest Tube to the locked position, with the end of the Backrest Tube clipped onto the "H"-Frame. Lay the Backrest on the Backrest Tube.



ADJUSTING THE WEIGHT RESTS

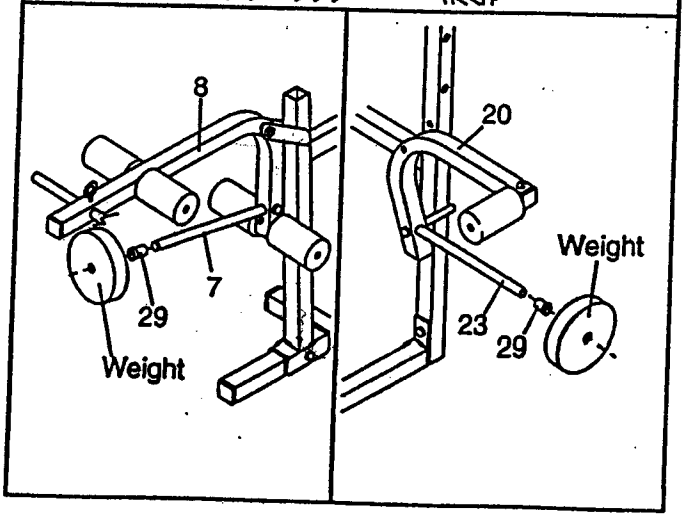
When the Backrest (4) is in the level position, the Weight Rests (24) must be secured with the Locking Pins (52). Raise the Weight Rests to the desired height, and align one of the holes in each Weight Rest with the small hole in the "H"-Frame (1). Insert the Locking Pins through the "H"-Frame and the Weight Rests. Rotate the Locking Pins to the locked position, with the Locking Pins clipped onto the "H"-Frame. **IMPORTANT: For safety, make sure that both Weight Rests are at the same height.**



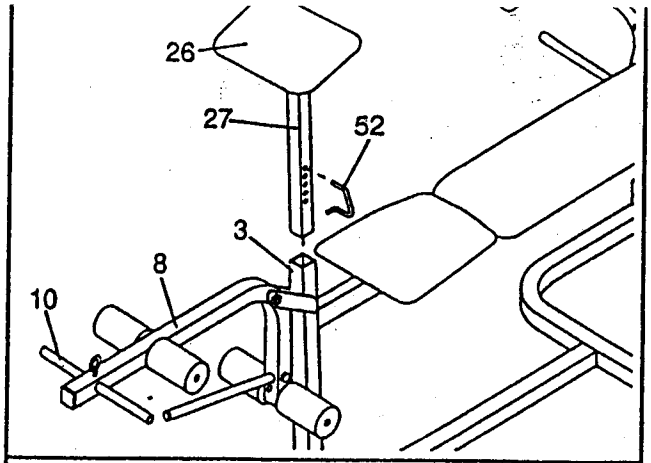
ATTACHING WEIGHTS TO THE WEIGHT BENCH

To use the Leg Lever (8), make sure that there is a Weight Stop (29) on the Weight Tube (7). Slide the desired amount of weight (not included) onto the Weight Tube. **WARNING: Do not place more than 125 pounds on the Leg Lever.**

To use the Arms (20, 21), make sure that there is a Weight Stop (29) on each Weight Tube (23). Slide the desired amount of weight (not included) onto each Weight Tube. **WARNING: Do not place more than 50 pounds on each Arm.**



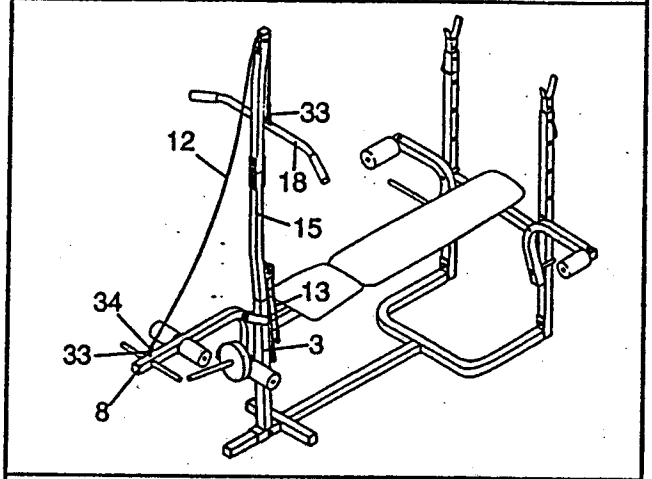
To use the Curl Pad (26), insert the Curl Upright (27) into the Main Frame (3). Raise the Curl Upright to the desired height, and align one of the holes in the Curl Upright with the hole in the Main Frame. Insert a Locking Pin (52) through the Main Frame and the Curl Upright. Rotate the Locking Pin to the locked position, with the Locking Pin clipped onto the Main Frame. To use the Curl Tube (10), place the desired amount of weight on the Leg Lever (8) (see ATTACHING WEIGHTS TO THE WEIGHT BENCH on page 9).



USING THE HIGH PULLEY STATION

To use the high pulley station, insert the Lower Mast (15) into the Main Frame (3) as shown.

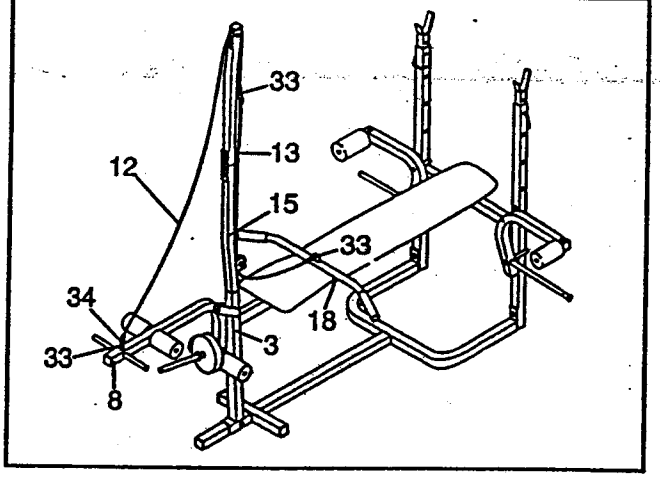
Using a Cable Clip (33), attach the Long Cable (12) to the Eye Bolt (34) in the Leg Lever (8). Disconnect the Short Cable (13) from the Long Cable. Attach the Lat Bar (18) to the Long Cable with a Cable Clip (33).



USING THE LOW PULLEY STATION

To use the low pulley station, insert the Lower Mast (15) into the Main Frame (3) as shown.

Using a Cable Clip (33), attach the Long Cable (12) to the Eye Bolt (34) in the Leg Lever (8). Attach the Short Cable (13) to the Long Cable with a Cable Clip (33). Attach the Lat Bar (18) to the other end of the Short Cable with a Cable Clip.



USING THE WEIGHT BENCH

The WEIDER® ULTRAMAX 1033 Weight Bench is a tool, and learning to use it properly is essential for your safety as well as the success of your exercise program. Read this OWNER'S MANUAL carefully before beginning your exercise program.

This section shows various exercises that can be performed using the weight bench. For additional exercises, refer to the instructions included with your weight set. For more detailed information about exercise, consult your physician or obtain a reputable book about exercise.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one cycle of an exercise, such as one sit-up. A "set" is a number of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user—it is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, select a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace.

WARNING: If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. (See page 13.) Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. The exercises in this guide are arranged according to major muscle groups as follows: Chest (exercises 1–3), Arms (exercises 4–7), Shoulders (exercises 8–11), Back (exercises 12–14), Abdomen (exercises 15–16) and Legs (exercises 17–18). To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form. Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On pages 14 through 17 you will find photographs showing the correct form for exercises that can be performed on this weight bench. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart below for muscle locations.

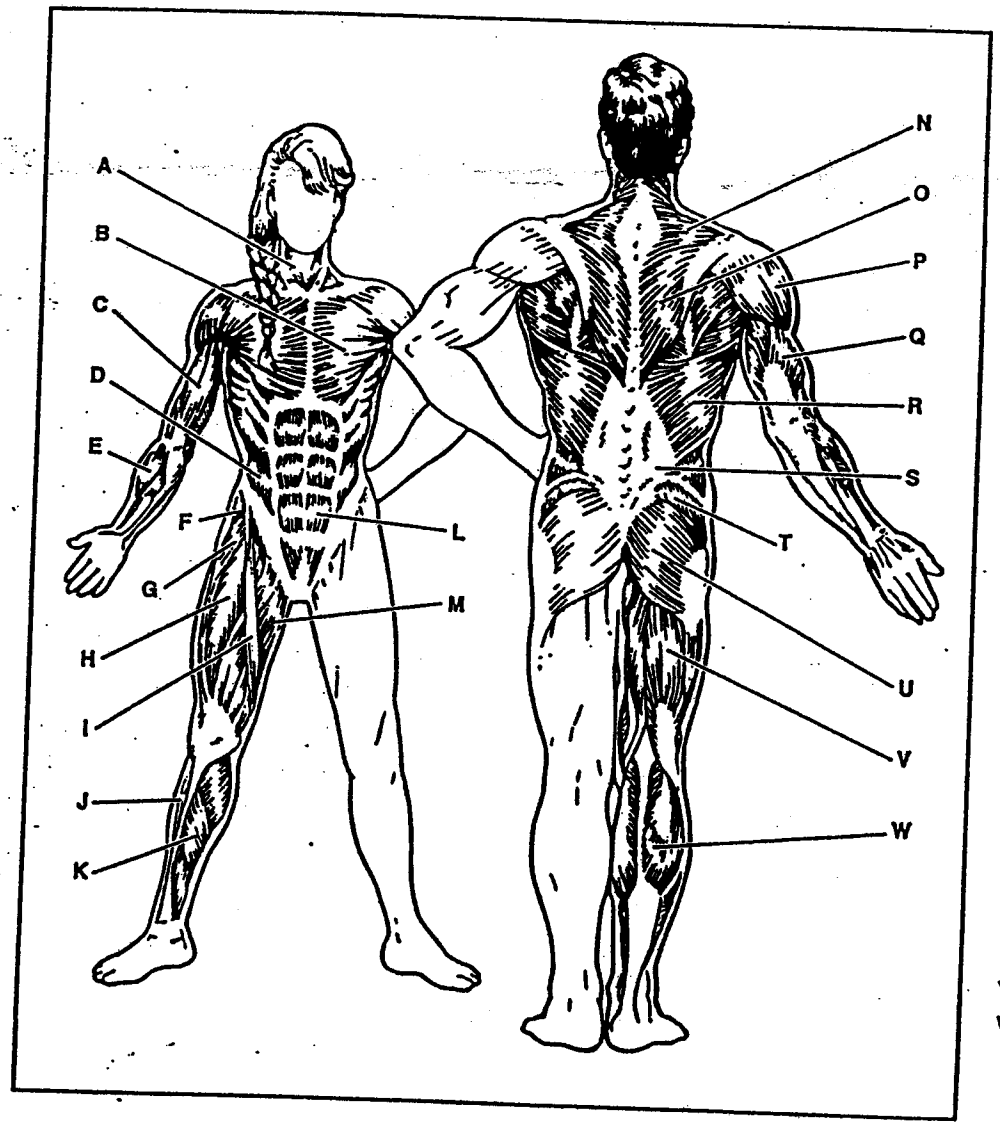
The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is also important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching (see page 13). Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, exercises performed, resistance selected, and numbers of repetitions and sets completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



KEY TO MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

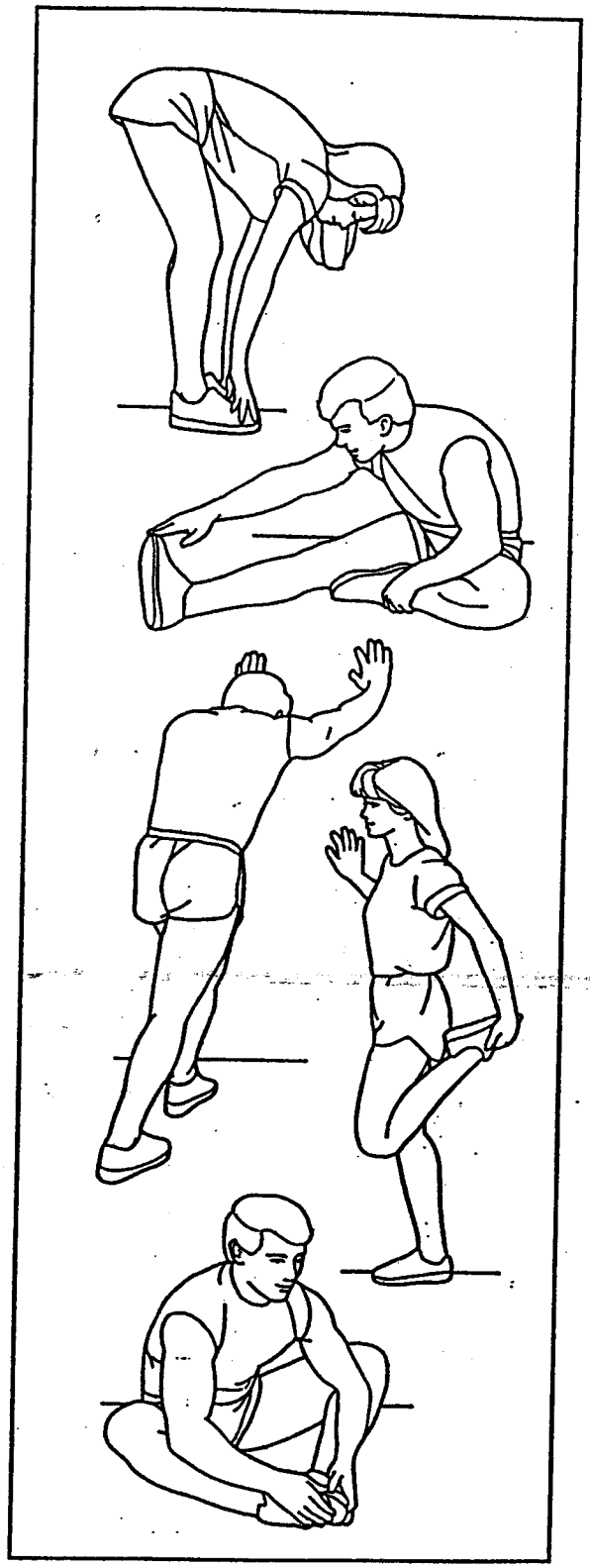
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

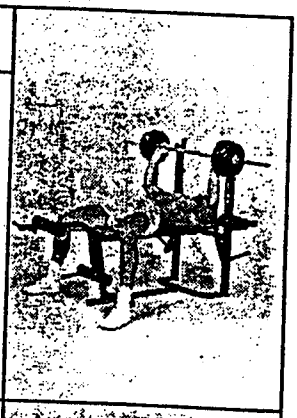
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



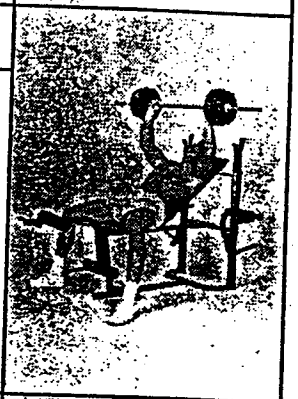
1 BENCH PRESS



Place the desired amount of weight on the barbell, and set the barbell on the weight rests. Lie on the bench. Lift the barbell and extend your arms fully. Lower the barbell to your chest. Return your arms to the fully extended position.

Muscles affected: pectoralis major and minor, anterior deltoids, triceps

2 INCLINE PRESS



Place the desired amount of weight on the barbell, and set the barbell on the weight rests. Raise the backrest to the desired incline level. Lie on the bench. Lift the barbell and extend your arms fully. Lower the barbell to your chest. Return your arms to the fully extended position.

Muscles affected: pectoralis major and minor, anterior deltoids, triceps

3 BENCH FLYES

Place the desired amount of weight on the arms. Lie on the bench. Position your arms under the arm pads, as shown. Raise your arms until your hands touch. Return to the starting position.

Muscles affected: pectoralis major and minor, deltoids

4 STANDING CURL

Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Straddle the bench and extend your arms downward. Hold the lat bar with an underhand grip. Keep your elbows at your sides and curl the lat bar up toward your chest. Return to the starting position.

Muscles affected: biceps, brachioradials

5 PREACHER CURL

Place the desired amount of weight on the dumbbell. Set the curl pad at the proper height. Sit on the bench and rest your upper arm on the curl pad. Hold the dumbbell with an underhand grip and extend your arm. Slowly curl the barbell toward your chest. Return to the starting position. **This exercise may also be performed by placing weight on the leg lever, holding the tube at the end of the leg lever with both hands, and curling the tube towards your chest.**

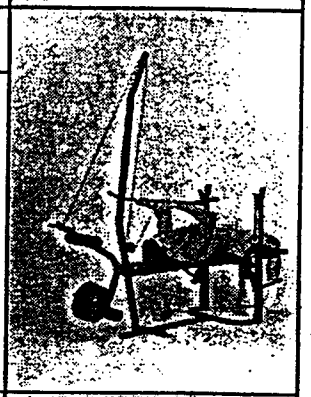
Muscles affected: biceps, brachioradials

6 WRIST CURL

Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Sit on the bench, resting your arms on your legs, as shown. Hold the lat bar with an underhand grip. Keep your arms stationary and curl your hands up as far as possible. Return to the starting position.

Muscles affected: brachioradials

7 TRICEPS PRESS



Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Lie on the bench and hold the lat bar with an overhand grip, as shown. Press the lat bar up until your arms are straight. Return to the starting position.

Muscles affected: triceps, brachioradials

8 MILITARY PRESS

Place the desired amount of weight on the barbell. Sit on the bench and hold the barbell behind your head with your elbows bent. Slowly straighten your arms until the barbell is above your head. Return to the starting position.

Muscles affected: deltoids, pectorals, triceps

9 FRONT RAISE

Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Sit on the bench, hold the lat bar with an overhand grip, and extend your arms as shown. Slowly raise your arms until they are level with your shoulders. Return to the starting position.

Muscles affected: anterior deltoids

10 SHOULDER SHRUG

Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Straddle the bench and extend your arms downward. Hold the lat bar with an overhand grip. Keep your arms at your sides. Shrug your shoulders up as far as possible. Return to the starting position.

Muscles affected: trapezius, rhomboids

11 UPRIGHT ROW

Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Sit on the bench. Hold the lat bar with a close overhand grip and extend your arms downward. Lift the lat bar to your chest, as shown. Return to the starting position.

Muscles affected: biceps, deltoids, trapezius

12 SEATED ROW

Place the desired amount of weight on the leg lever. Attach the lat bar to the low cable. Sit on the bench. Hold the lat bar with a wide overhand grip and extend your arms forward. Pull the lat bar toward you, as shown. Return to the starting position.

Muscles affected: deltoids, trapezius, biceps, brachioradials, latissimus dorsi

13 LAT PULL-DOWN—BACK

Place the desired amount of weight on the leg lever. Attach the lat bar to the high cable. Sit on the bench, with your back to the mast, extend your arms up and hold the ends of the lat bar with an overhand grip. Pull the lat bar down behind your head until your hands are level with your neck. Return to the starting position.

Muscles affected: latissimus dorsi, trapezius

14 LAT PULL-DOWN—FRONT

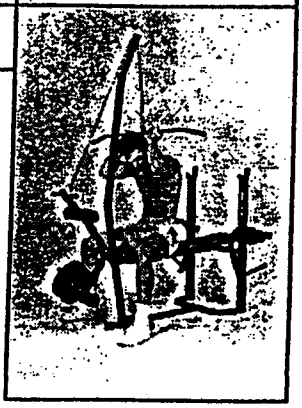
Place the desired amount of weight on the leg lever. Attach the lat bar to the high cable. Sit on the bench, facing the mast, extend your arms up and hold the ends of the lat bar with an overhand grip. Pull the lat bar down in front of your face until your hands are level with your neck. Return to the starting position.

Muscles affected: latissimus dorsi, trapezius

15 AB CRUNCH

Place the desired amount of weight on the leg lever. Attach the lat bar to the high cable. Sit on the bench, facing the mast, and hold the lat bar with a close grip behind your head as shown. Keep your back straight and slowly bend forward at the waist. Return to the starting position.

Muscles affected: rectus abdominus, upper abdominals



16 LEG LIFT

Raise the backrest to the desired incline level. Lie on the bench and fully extend your legs. Hold the backrest. Slowly lift your legs as far as possible. Return to the starting position.

Muscles affected: hip flexors, rectus abdominus

17 LEG EXTENSION

Place the desired amount of weight on the leg lever. Sit on the bench, with your feet under the lower pads of the leg lever. Lift your legs, as shown. Return to the starting position.

Muscles affected: quadriceps

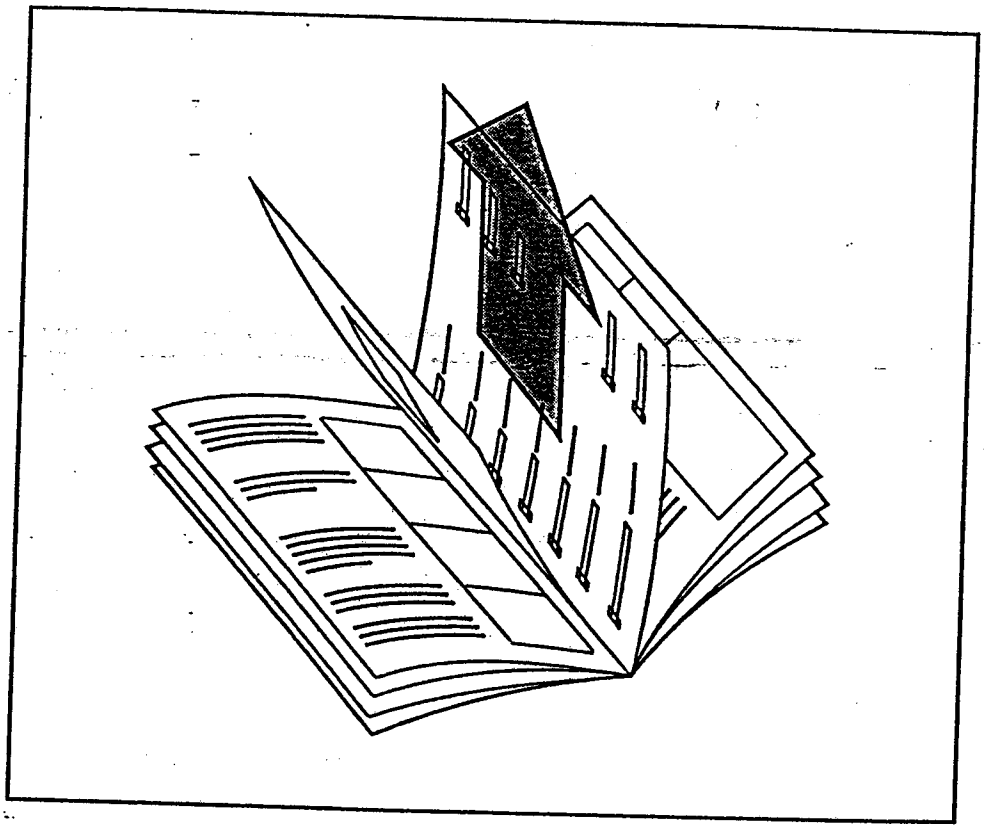
18 LEG CURL

Place the desired amount of weight on the leg lever. Lie prone on the bench, with your ankles under the upper pads of the leg lever. Lift your legs, as shown. Return to the starting position.

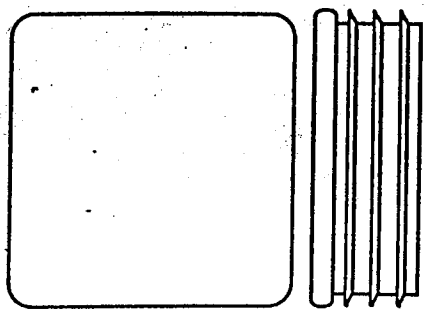
Muscles affected: hamstring, gastrocnemius

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL!

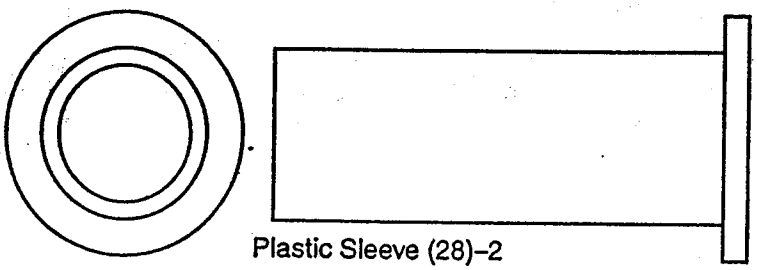
This chart is provided to help you identify the small parts used in assembly. Note: Some parts may have been pre-assembled for shipping purposes; if you cannot find a part in the parts bags, check the frame to see if it has been pre-assembled.



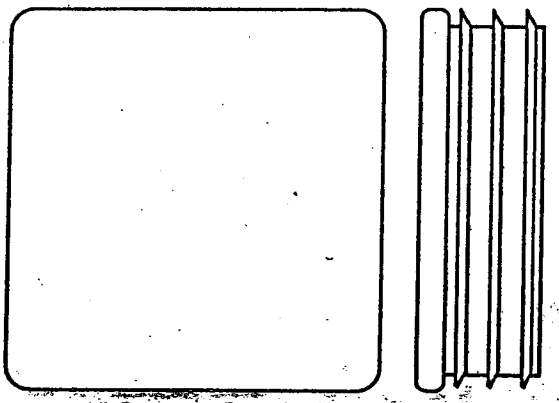
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly.



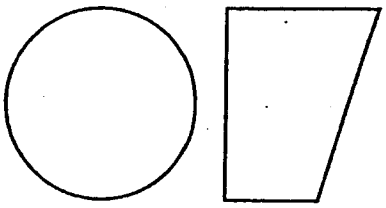
1 1/2" Square Cap (53)–1



Plastic Sleeve (28)–2

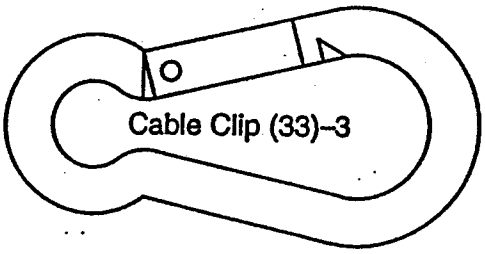


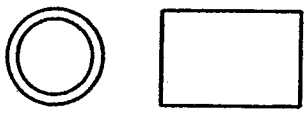
2" Square Cap (55)–2



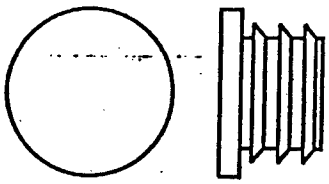
1" Angled Round Cap (54)–1

7/16" x 3/8" Metal Spacer (50)–2



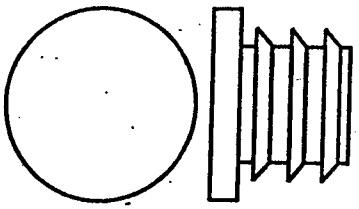


1/2" x 3/4" Metal Spacer (49)–1



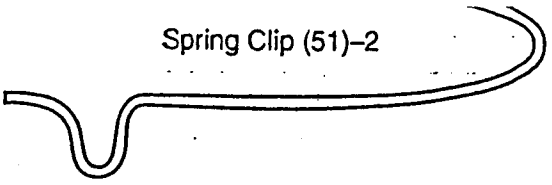
7/8" Round Cap (36)–2

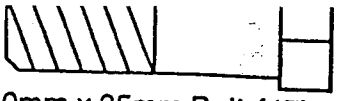
1/2" x 1 3/8" Metal Spacer (44)–1

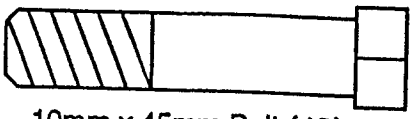


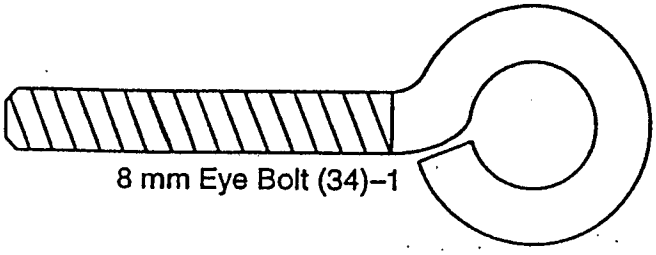
1" Round Cap (40)–11

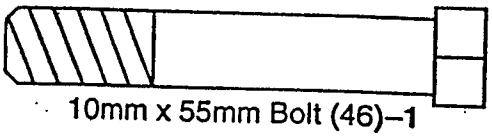
3" Plastic Spacer (43)–2


Spring Clip (51)–2

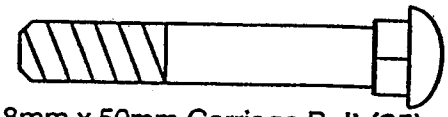

10mm x 35mm Bolt (47)–1

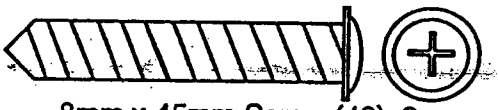

10mm x 45mm Bolt (48)–1


8 mm Eye Bolt (34)–1


10mm x 55mm Bolt (46)–1

6mm x 20mm Screw (41)–8


8mm x 50mm Carriage Bolt (35)–4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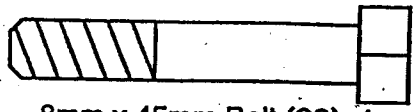
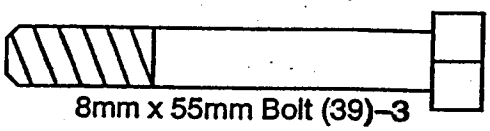
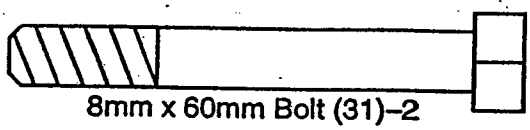
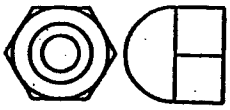

8mm x 45mm Bolt (38)–1

8mm Locknut (30)–12

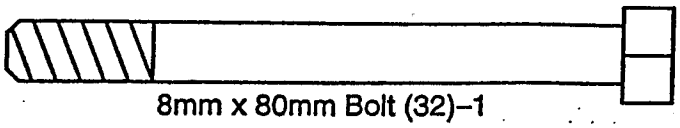

8mm x 55mm Bolt (39)–3

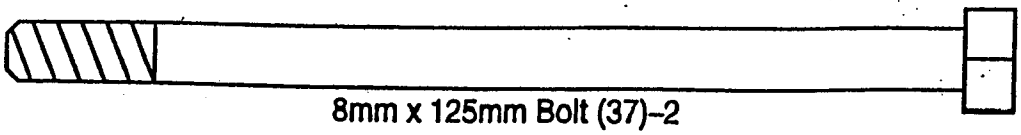
8mm Nut (56)–1


8mm x 60mm Bolt (31)–2


8mm Acorn (57)–4

10mm Locknut (45)–3


8mm x 80mm Bolt (32)–1


8mm x 125mm Bolt (37)–2

PARTS LIST—Model No. WB10330

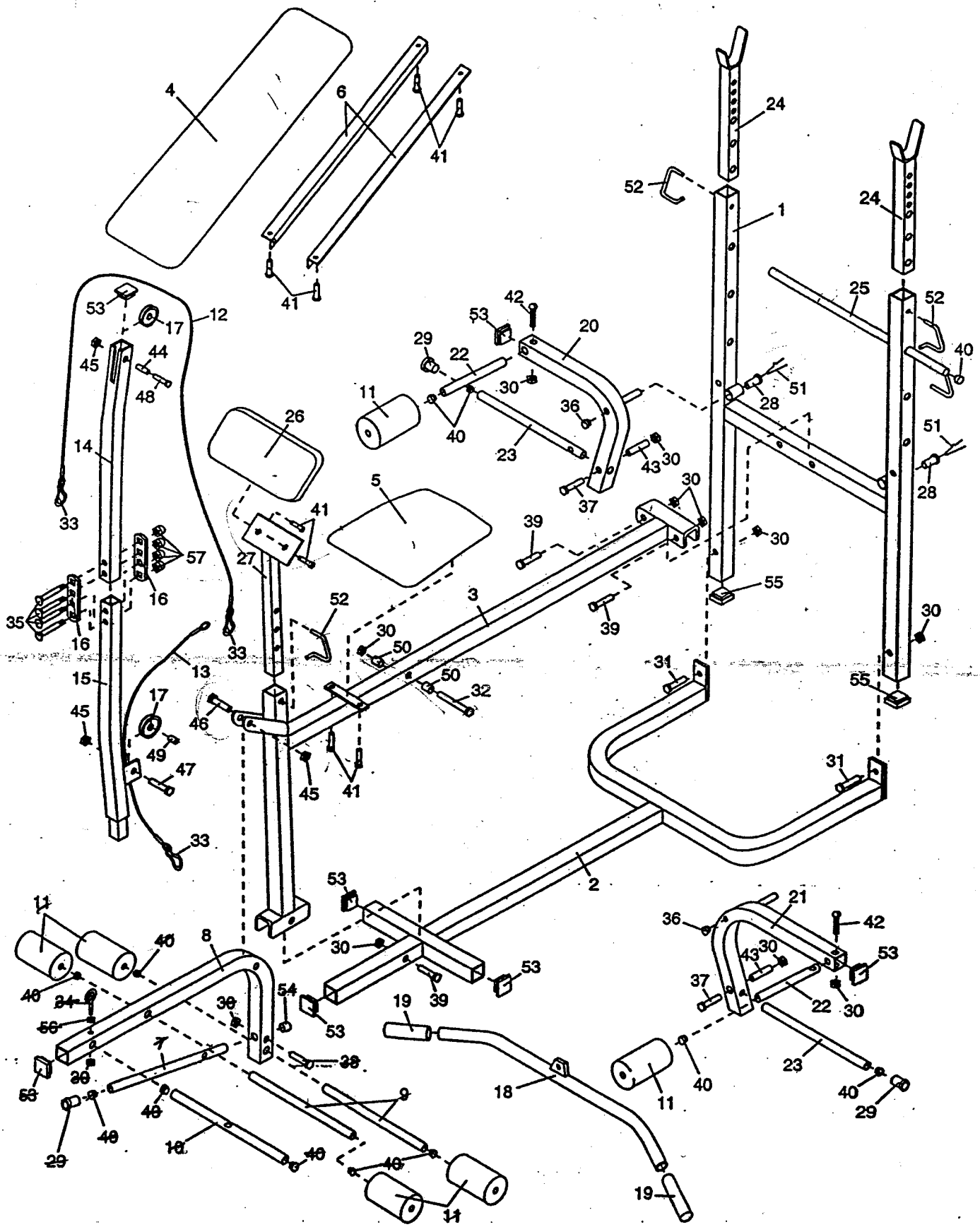
R1194A

Key No.	Qty.	Description
1	1	"H"-Frame
2	1	Base
3	1	Main Frame
4	1	Backrest
5	1	Seat
6	2	Backrest Bracket
7	1	13 3/4" Weight Tube
8	1	Leg Lever
9	2	13 1/ 2" Pad Tube
10	1	Curl Tube
11	6	Foam Pad
12	1	Long Cable
13	1	Short Cable
14	1	Upper Mast
15	1	Lower Mast
16	2	Mast Plate
17	2	Pulley
18	1	Lat Bar
19	2	Hand Grip
20	1	Right Arm
21	1	Left Arm
22	2	9" Pad Tube
23	2	10 1/2" Weight Tube
24	2	Weight Rest
25	1	Backrest Tube
26	1	Curl Pad
27	1	Curl Upright
28	2	Plastic Sleeve
29	3	Weight Stop
30	12	8mm Locknut
31	2	8mm x 60mm Bolt
32	1	8mm x 80mm Bolt
33	3	Cable Clip
34	1	8mm Eye Bolt
35	4	8mm x 50mm Carriage Bolt
36	2	7/8" Round Cap
37	2	8mm x 125mm Bolt
38	1	8mm x 45mm Bolt
39	3	8mm x 55mm Bolt
40	11	1" Round Cap
41	8	6mm x 20mm Screw
42	2	8mm x 45mm Screw
43	2	1/2" x 3" Plastic Spacer
44	1	1/2" x 1 3/8" Metal Spacer
45	3	10mm Locknut
46	1	10mm x 55mm Bolt
47	1	10mm x 35mm Bolt
48	1	10mm x 45mm Bolt
49	1	1/2" x 3/4" Metal Spacer
50	2	7/16" x 3/8" Metal Spacer
51	2	Spring Clip
52	3	Locking Pin
53	7	1 1/2" Square Cap
54	1	1" Angled Cap
55	2	2" Square Cap
56	1	8mm Nut
57	4	8mm Acorn Nut
#	1	Owner's Manual

Note: "#" Indicates an non-illustrated part. See the back cover of this manual for information about ordering replacement parts. **Specifications are subject to change without notice.**

EXPLODED DRAWING—Model No. WB10330

R1194A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WB10330).
2. The NAME of the product (WEIDER® ULTRAMAX 1033 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see page 18 of this manual).

LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

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